

ABSTRACT

NAME AND SURNAME: Tomáš Svoboda

STUDY: Physical Education and Sport

SUPERVISOR: PaedDr. Josef Horčic, Ph.D.

Title:

Comparison of swimming training in a short triathlon and modern pentathlon

Objective:

The main objective of this work is to obtain a description of swimming training selected senior representatives of Czech Republic in the modern pentathlon and triathlon, and then describe the differences resulting from the comparison of these sports.

Methods:

First we get the necessary data based on personal interviews about swimming training with the representatives of modern pentathlon and triathlon. The main method of qualitative research in this thesis will use case studies to follow a holistic analysis of all data. Comparing the results and describe possible differences between the all around.

Results:

The results of the work are the descriptions of individual athlete swimming training and integration within a combined training. Based on this description there are some areas of training among the triathlon and modern pentathlon as a distinct and appears suitable for detailed examination.

Keywords: swimming training, description, multisport, modern pentathlon, triathlon.